

# Irving Recreation Center

## Summer Day Camp

### Grades 3 through 4

#### Wise Kids® Lessons

This week in Wise Kids we'll be learning about food labels! Campers will learn how to read and understand food labels and use them to make healthy choices when comparing two similar foods or drinks!

#### This Week's Highlights

**Monday June 24<sup>th</sup>-Sunken Gardens, Antelope Park and Children's Zoo Field Trip!**

We will be gone from the center almost the entire day. We will leave the center at 10:00 and **will return at approx. 3:30 p.m.** We will start our trip at Sunken Gardens and from there we will walk to Antelope Park. While at the park we will play games and enjoy the park! We will also be eating lunch. Please have your camper bring a sack lunch this day, pack their lunch in a bag that can be recycled when they are done eating. This way campers will not have to carry their lunch box while at the Zoo. After lunch we will walk to the Children's Zoo. We will get picked up there and return to the center. Please remember to have campers wear their green camp shirt and bring water and sunscreen.

**Tuesday June 25<sup>th</sup>-Swimming!**

In the morning we will be walking to South Branch Library. Please send a backpack with your child to carry their books in. We will leave at 9:30 and return at 11:00. In the afternoon, we will be walking to Irvingdale Pool. We will leave the center at 11:20 and return at 1:10. Don't forget to pack a swimming suit, sunscreen, and a towel. In the afternoon we will be doing fitness activities in the gym.

**Wednesday June 26<sup>th</sup>-Yoga, Tennis and Tierra Park Trip!**

In the morning we will be having "Just Recreation Time" in the gym. In afternoon we will have rotations which include Yoga and Tennis. We will also be taking the city busses to Tierra Park. We will leave the center at 1:30 and **will return at approx. 4:15.** Please have your camper wear their green camp shirt!

**Thursday June 27<sup>th</sup>-Yoga, Tennis and Pajama Day!**

In the morning we will be walking to South Branch Library. Please send a backpack with your child to carry their books in. While at the Library we will be attending a program called "The Physics of Music". In afternoon we will have rotations, which include Yoga and Tennis. In the afternoon we will also be playing sleepover-themed games! Campers are more than welcome to wear camp appropriate pajamas to camp this day!

**Friday June 28<sup>th</sup>-Archery and Swimming!**

In the morning we will be doing rotations. Campers will do a craft activity and archery! In the afternoon, we will be walking to Irvingdale Pool. We will leave the center at 11:20 and return at 1:10. Don't forget to pack a swimming suit, sunscreen, and a towel. We will also be having "Just Recreation Time" in the gym.

#### FCA Tennis Camp @ Woods Tennis Center – Friday, 6/28

Irving 3-4 campers are invited to an optional tennis camp that will be hosted by the Fellowship of Christian Athletes at Woods Tennis Center. Information is available at the front counter and on our Summer Day Camp page at [parks.lincoln.ne.gov/irving](http://parks.lincoln.ne.gov/irving).



## Important Reminders

Our camp rules are:

- Be safe
- Be respectful
- Be responsible

Bring meals in an insulated container. Refrigeration and microwave s are not available.

Wear tennis shoes to camp. Sandals and flip-flops are not safe options for camp activities.

Leave valuables at home (including money, cell phones, portable video games, etc.)

Label sunscreen and water bottles with your name.

Do not hesitate to ask when you have questions or comments.

## Contact Us

402-441-7954